

Cultural Connection

An Update on Cultural Competency

Volume V, Number 7

Summer 2001

Setting the Tone for May is Mental Health Month

Words from Steve Mayberg, State Department of Mental Health (given at this year's conference)

I had some planned remarks that I was going to address you all with but in looking at this illustrious panel up here and trying to follow Susan's (Susan Mandel – president of CEO Pacific Clinics) lead that the world changes and we have to change our responses. I just wanted to share a little bit about me and some of my motivations and talk about how that fits in. As you heard my background going to Yale and the University of Minnesota and growing up in Minnesota. I grew up in a community where the only diversity was whether you were Lutheran or Episcopalian (loud applause). There were absolutely zero people of color there and I don't know if that made me color blind or not but if you know anything about Minnesota food, it's all white (laughter). I mean you get casseroles, you get mashed potatoes, you get white gravy. (laughter).

So that when I came to California, it was quite an eye opener to me that I realized that there was a wonderful diversity that we needed to take into account when we do things. I thought and I think that I am open, and think that I am sensitive, but I want to share with you an experience I had last night. I flew down late last night and got in about 9:30 and I was walking down the hall and there was some guy coming with a beer cruising over towards me and he's got a long coat on, shorts, a beanie, a beard and a really East LA look (laughter) and I can't figure out why does he want me, what am I doing walking into the Irvine Hyatt

Regency and he goes "Dr. Mayberg," and then I recognized the voice and it's Luis (laughter) (Luis Garcia – Pacific Clinics). And what I realized is that once I knew the voice I knew the heart was there, I knew the passion was there and it was really a wonderful warm welcome but I realized how often we make judgments about people or about situations without taking that next step to figure out what's going on or what's happening. So, Luis, I want to thank you for continuing to force me to think before I react and I think that really should be a theme that we look at as we look at all the changes that are occurring in our mental health system right now.

I think that the Little Hoover Report that was just released in November has some themes that apply not only to our mental health system but also to the issue of cultural competence. The issues that they really ad-

“When I started envisioning the idea of requiring cultural competence in the mental health plan, it was met with two responses. From the ethnic community, it was met with wild applause. From the rest of the world, it was met with apathy, verging on outrage.”

dress there are issues of education, misperception, stigma and how important that is in terms of determining whether people get services or not. That access become a really critical issue and, part of why people don't get services, is an issue not only of their own

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A Snapshot of this Year's Conference

Irvine, California – March 5, 2001, as the clouds loomed overhead and the weather forecast predicting a heavy downpour, we kicked off the second annual multicultural conference – “Towards an Inclusive Multicultural Agenda.”

Doug Barton the Deputy Agency Director of Behavioral Health Services gave a warm welcome to begin the morning program and asked folks to “enjoy and have a productive meeting.” The CEO/President for Pacific Clinics – Susan Mandel, Ph.D., followed and suggested that the conference was reflective of her “4 Cs” philosophy of “Community based, Collaborative, Cost Effective and Culturally Competent.” Dr. Steve Mayberg – Director of the State Department of Mental Health, set the tone with an interesting and compelling talk that is featured in this newsletter. The morning opening remarks were rounded out by Supervisor Cynthia Coad and highlighted by her project in the Islands communities of El Modena and La Colonia Independencia.

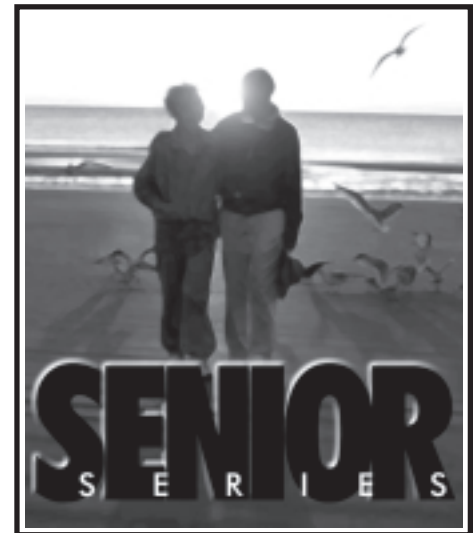
Plenary speakers Sergio Aguilar-Gaxiola and Michael Smith began the conference presenting “Linking Research with Practice and Policy: A Case Example for Reducing Mental Health Disparities in Latinos” and “Herbal Medications,” respectively.

Participants adjourned to the outdoors to

enjoy the sunny day and the beautiful Pavilion where the festive sounds of the Mariachis set the tone for a multicultural dining experience. The afternoon workshops commenced, allowing participants to choose from a variety of topics, including: African-Centered Psychology: An Inclusive Approach for all Mental Health Professionals by Dr. Marcia Moody, Treatment of Asian Pacifica Islander Adolescents and their Families by Dr. Glenn Masuda, Introduction to Working with Lesbian, Gay and Bisexual Clients by Dr. Christine Browning, Genealogical Phototherapy by Dr. Gerardo D. Canul, Culture and Sexuality, by Dr. Michael Gonzales and Dual Diagnosis from a Cultural Perspective: A Panel Presentation.

An estimated 600 participants from 80 different agencies and 9 different counties, joined us at this event hosted by the County of Orange and Pacific Clinics. Direct consumers, their family members, and students from over 8 universities were also in attendance, helping to round out the experience.

Some 25 different exhibitors, some coming from as far away as the State capital, came out in full force to support this event. The exhibitor booths represented a diverse group of agencies that address the needs of older adults, children, consumers, multicultural populations as well as providers. Specials



FAQ's about aging: Part V

Statement 1:

Personality changes with age, just like hair color and skin texture.

False. Personality doesn't change with age. Therefore, all old people can't be described as rigid and cantankerous. You are what you are for as long as you live. But you can change what you do to help yourself to good health.

Statement 2:

Sight declines with age.

False. Although changes in vision become more common with age, any change in vision, regardless of age, is related to a specific disease. If you are having problems with your vision, see your doctor.



From left to right: Our own Human Resources busy recruiting; Julie Poulson, HCA Director & Conference Staff; Exhibitors from Latino Health Access; Dr. Sergio Aguilar Gaxiola and conference planning group, Ronnie Kelley, Rafael D. Canul and Luis M. Garcia; Morning welcoming remarks.

thanks to the Platinum exhibitors including Refugio para Ninos (foster care agency), St. Joseph's Hospital System, College Health Enterprises, and B.R.I.D.G.E.S., Inc.

Thanks to all the attendees, exhibitors, facilitators and presenters for helping to shape this event into a successful arena where an exchange of ideas and dialogue took place regarding the great diversity of our communities. We hope you join us at next year's Multicultural Conference! ■

The Tarahumara and Easter Week Celebration

By Maria Rivera, BHS/Cal Works

Reflecting on why some of us from the Mexican culture celebrate the Easter Week or Holy Week, tambien dicho: "Semana Santa." I would like to share with you a small portion of the Tarahumara Culture.

The Sierra Tarahumara, one of the highest and most rugged sections of the Sierra Madre Occidental is situated in the State of Chihuahua, Mexico. It is also known as the Copper Canyon, a traditional homeland of the Tarahumara. There are about 50,000 to 60,000 people living apart from other Mexicans in caves, cliffsides, or small wood-and-stone houses in secluded meadows deep in the canyons or forests. When the Spanish arrived in the early 1500s, the Tarahumara occupied the fertile llanos (plains) of Central Chihuahua. In order to avoid the Jesuit missionaries and Spanish exploitation, they abandoned the fertile llanos and decided to maintain an aloof subsistence, rather than integrate into the Spanish and Mexican economy. Today, they continue to maintain their own survival methods. Self-sufficient agriculture has allowed them to avoid assimilation into the local timber and mineral industries. The Tarahumara Agriculture is said to be one of the most complex and productive systems of the Native Agriculture in the world. From canyons to mountain peaks, their crops were raised anywhere from 1,000 to 9,000 feet.

Another interesting aspect of the Tarahumaras is that they call themselves *Raramuri*, which means "The runners." Walking and running are their main mode of transportation. Even at a walking pace, the Tarahumaras can cover canyon territory three times faster than that of a non-Tarahumara. Good runners are capable of hunting deer by running them to exhaustion. Another reason why they refer to themselves as a *Raramuri* would be to distinguish one another from Sedentary Amerindian groups from the Sierra such as: The Primas, Guarojillos and Tepehuanes. Also, they have their own language called *Raramury-Castellano*, which is divided into three dialects.

Spanish padres originally carried Christianity out to the native people. To the Tarahumara, Shamans and priests were once the highest authority and a source of important political power. As opposed to any other Native person from America, the Tarahumaras have been able to blend their pre-Christian beliefs into their missionary religions, creating something of their own. Most Tarahumaras identify "Tata Dios" (God the Father, also called Onoruame) with the Sun and the Virgin Mary with the moon. Both are objects of offerings of food and tesguino (a thick, fermented corn beverage also called *suguili* in Raramuri).

Semana Santa or, "Holy Week" is the most important religious ceremony of the Tarahumara calendar. The ceremony includes music, dance, tesguino, and re-enacted religious dramas based on biblical stories. The true religious heart of the Semana Santa is the Holy Thursday re-enactment of the *Passion* along the "via dolorosa" sorrowful way. Beneath temporary arches, made from three branches, symbolically represents God the Father, the Son, and Holy Spirit. Also, three wooden crosses mark where the procession usually begins where the canyon village (pueblo) church is. The procession includes a framed picture of the Virgin de Guadalupe. As the procession of the Virgin comes into town, the scent of incense burning accompanies the Music and the *matachines* (Indian dancers). This beautiful procession celebrates Easter in a very symbolic Easter.

This social celebration begins on Friday. The theme of war and the dramatic contrast between good and evil are played out. The festivities culminates on Saturday morning with the intense symbolism of a Judas straw figure being set ablaze.

This celebration of Semana Santa is important to the Tarahumara community, who use the procession of the cross and the "via delarosa" as a way to celebrate Easter. The



Raramuri have their own way of life and live by the motto, "Walking correctly the different paths of life," and asking God for the basic survival elements of life; water and food, given by the mother earth.

El Camino de Semana Santa con los Raramuris

En lo alto de las montañas Jesucristo El Salvador viene a cumplir una vez mas su sacrificio por la vía dolorosa, esta vez los Raramuris le harán el honor a su nombre de pies ligeros o pie que corre. La ceremonia otra vez comenzara unos días antes el día más importante, el jueves santo. Empezarán a sonar los tambores desde varias comunidades indígenas, en bailes circulares celebraran la ceremonia que fue triada por los padres jesuitas en el siglo XVI.

Desde los remotos pinares o bosques de pinos los Raramuri ofrecen las miserias de siglos acumuladas, con tesguino arroz frijoles y maíz.

Desde lo alto de las montañas van bajando con la Cruz en sus espaldas los Raramuri, van subiendo y bajando los camino que ellos caminan día con día. La cruz cera cargada hasta las manos de dios que para los Raramuri de rostro de color del cobre es el camino que ellos caminan día con día. La cruz será cargada hasta la más alta cima de la montaña allí será en donde la cruz será erigida, y allí es donde dirán...."que te pedimos Dios? Te pedimos agua y te pedimos de comer."

El viernes santo se reúnen las mujeres vestidas de color rojo azul y amarillo de color

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Calendar of Events

Event	April 3, 2001 <i>"Practical Interventions with Substance Abusing Older Adults" 5th annual Orange County "Removing the Stigma: Issues in Substance Abuse & Aging" Workshop</i> Location: Costa Mesa Community Center	Information: (714) 850-8441
Event	April 7, 2001 <i>THREE SEASONS Film and discussion.</i> Tickets: Seating limited to 200; \$5 for Bowers and Asia members; \$8 non-members. Location: Bowers Museum Society	Information: Jean Poe (213) 624-0945 ext. 14
Event	April 29, 2001 <i>Jewish Community Festival & JNF Walk for Israel</i> Location: Aldrich Park, University of California, Irvine	Information: (714) 755-0340
Event	May 6, 2001 <i>Joel Siegel speaking on Being Jewish in America</i> Location: Jewish Community Forum, Chapman University	Information: (714) 538-0404
Event	May 11, 2001 <i>Mental Health Walk Pacific Clinics</i> Location: Whitter, Narrows Leg Lake Park Times: 10:30 a.m.-12:00 p.m.	Information: (626) 433-1311
Conference	May 15, 2001 <i>Meeting of the Minds: Fulfilling the Promise</i> Location: Disneyland Hotel, Anaheim Times: 8 a.m.-5 p.m.	Information: (714) 547-7559
Event	May 17, 2001 <i>Celebrate Santa Ana Event</i> Location: TBA	Information: Regan M. Candelario of Neighborhood Improvement at (714) 667-2279 or via email at rcandelario@ ci.santa-ana.ca.us
Conference	May 17, 2001 <i>Latino Conference Pacific Clinics</i> Location: Whittier Hotel	Information: (626) 433-1311
Event	May 22, 2001 <i>Mentor Information Workshop</i>	Information: (714) 796-0100
Event	May 23, 2001 <i>Mental Health Board Public Forum</i> Location: Hall of Administration Times: 9 a.m. - 11 a.m.	Information: (714) 834-5481

Event June 3, 2001*AIDS Walk***Location: TBA****Information: (714) 755-0340****Conference June 26-29, 2001***CGIA/BATF NATIONAL GANG VIOLENCE CONFERENCE***Location: Anaheim Hilton Hotel, Anaheim, California****Information: Conference Hotline:
(888) 229-CGIA (2442)****Event July 20 - 22, 2001***The 10th Annual National Teen Leadership Program***Location: Scripps College******Information: (800) 550-1950**

NAMI Family-Family Education Program

Free Education and Support for Families who Have Relatives with Serious Mental Illnesses

The NAMI Family-to-Family Program is a new concept in education for families and others who are affected by serious mental illnesses: schizophrenia, depression, bipolar disorder (manic-depression), panic disorder, and obsessive compulsive disorder. The course was written by experienced family members and mental health professionals, and is taught by family members who have completed the course and are specially trained to teach the course to others.

Included in the course:

1. Learning about normal reactions when mental illness strikes a family.
2. Schizophrenia, Major Depression, Mania, Schizoaffective Disorder, getting through a critical period.
3. Types and sub-types of Depression and Bipolar Disorder, panic disorder, and OCD, telling our stories.
4. The biology of the brain, research, causes, the biology of recovery.
5. Problem solving, setting limits, problem solving skills workshop.
6. Medication Review.

7. What its like to have a brain disorder, empathy workshop.
8. How illness interferes with the capacity to communicate, communication skills workshop.
9. Self-care, how to balance our lives.
10. Rehabilitation, a first-person account of recovery.
11. Advocacy, learning how to change the system.
12. Review and certification ceremony.

The NAMI Family-to-Family Education Program is appropriate for parents, siblings, and significant others of persons with severe and persistent mental illness. Individuals who are suffering from one of the major mental illnesses themselves may attend the course if their present condition is stable and they are the primary caregiver of an ill person.

Classes are held on a year-round basis throughout Orange County. There is no charge for the class, however, registration is required.

If you are interested in attending the NAMI Family-to-Family Education Course, please contact NAMI Orange County at 714-544-8488 or email: namioc@earthlink.net. ■

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The Tarahumara and Easter Week Celebration

del arco iris. Los Raramuri o Tarahumaras escenifican la batalla entre el bien y el mal, los malos tratan de entrar al templo para arrestar a Jesús y crucificarlo y los soldados lo defienden y entre bailes que se repiten en círculos de tres a la derecha y tres a la izquierda - libran la batalla que terminara con un ofrecimiento a dios de un puñado de maíz y frijoles en pequeñas jícaras y tesguino que lanzan hacia los cuatro puntos cardinales.

La noche del viernes siempre será estrellada la bóveda celestial estará de fiesta y los Raramuri seguirán bebiendo, animados por el tesguino y por los tambores. Los Judas serán la diversión de los hombres, las mujeres y los niños que corren por la vida y en espíritu y después de la muerte.

El Sábado es de resurrección el ciclo de fuerza y resistencia será iniciado otra vez para los Raramuri que entre bailes circulares y el sonar de los tambores correrán entre las montañas esperando que se cumpla su deseo... lluvia y un poco de comer. ■

4TH Annual Whittier Conference

Pacific Clinics

Presents:

*“Engagement, Treatment and Retention for
Latinos from a Cultural Perspective”*

Thursday, May 17, 2001

Hilton Hotel
Whittier, California

Registration material should be out in early April. If you have any questions, please call Blanca Padilla at 626-433-1311 or e-mail at BPPacificClinics@att.net. You can also download registration form from our website www.pacificclinics.org when it becomes available.

7TH Annual Conference

Meeting of the Minds

Theme:

“Fulfilling the Promise”

Tuesday, May 15, 2001, 8 a.m.–5 p.m.

Disneyland Hotel, Anaheim
Grand Ballroom, Exhibit Hall

- Targeting professionals, care providers, consumers and families, community leaders
- Providing 24 informative and topical workshops to update your knowledge and skills (AM Session I, II–PM Session III, IV)
- Offering showcase of community resources – Exhibit space available
- Networking luncheon
- Features renowned keynote speaker, Mariette Hartley, Emmy winning star of screen, stage and television
- Anticipate 500+ in attendance
- CEUs and CMEs (5 units)

FULL PROGRAM AND REGISTRATION FORTHCOMING

For more information call (714) 547-7559

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Setting the Tone for May is Mental Health Month

stigma but awareness on the part of society and communities as a whole about what there is available and what works and what doesn't work. We know treatment works, and, so as much as we work toward developing cultural competence in our mental health system it isn't going to do us any good if we aren't also engaging the communities to help them be our partners and so when we talked about the importance of having the community involved, we need to expand beyond just professionals and just people in the mental health systems and the consumers and family members in our system. We need to engage all of the community members to be able to help provide that safety net, that assurance to people that going to a mental health system is OK. We also have to talk about who should get services. That our definitions of target population need to be clarified because sometimes diagnoses aren't the only way to get people into treatment and we need to get that outreach to work to get treatment to people where they live and sooner. And last, but not least, we need to have ways that makes that accountable, that we as administrators or government make sure that all of those things work.

In order to do this, we need to change our system, we need to change attitudes, but I think our most daunting challenge, that we have for all of us, is the fact that there are just aren't enough people in the mental health field right now. We have a tremendous human resource shortage and when it come to recruiting persons of color into our mental health system, we haven't done a very good job. That means we have to look not just at people who are currently providing services, we need to look into the colleges, into the community colleges, into the high schools to start encouraging people to come into a field where they can make a significant difference and we need to do that both in terms of a value system and in terms of the economic compensation that we give to people for doing such a valuable work. We are just starting to realize with teachers that if we don't invest in teachers, it's going to have a consequence for all of the kids growing up. We need to do the same thing for social serving professionals that we need to invest in them because they are part of the

fabric that makes this a better place to live.

So much as this is your Second Cultural Competence Conference and it amazes me that at 8:30 on a Monday morning that you have a full house, and, considering traffic and weather and all that being – that's a credit to all of you but it's also that we are in the 2nd Phase of what we are trying to do at the State. When I started envisioning the idea of requiring cultural competence in the mental health plan, it was met with two responses. From the ethnic community, it was met with wild applause. From the rest of the world, it was met with apathy, verging on outrage. They couldn't be outraged in public because that wasn't the politically correct thing to do, but how could we demand or force, people to look at something they weren't doing very well. And we have done Phase I and Phase I really was just get a better understanding of what you have, and what you need and how you are going to improve the system. And now, we really move to Phase II and that's the accountability phases. Now the test is, when we understand the gaps and that holes in our system, how are we going to fix that, how are we going to make that better, how are we going to redirect resources so that everybody in California, no matter what their background, no matter what their culture has focused equal access to get appropriate and quality care and quality is the hallmark of what we are really looking at now. It's not just lip service care but it's quality care and when I look at the agenda today that's what we are talking, we're talking about quality, we're talking about how to do the job better, so I applaud all of you for your commitment and your energy and your enthusiasm to try and make this work because it is difficult and I can tell you everybody in the United States is looking at this California experiment, and the skepticism they had is diminishing but we need to set the bar very high so if we can do it everybody can do it.

Thank you very much. ■

Letters to the Editor

I needed to write a personal note of thanks for the wonderful Multi-Cultural Conference you presented. I think that everyone who attended the sessions and workshops gained valuable information they could take back to their workplace to share with others and to apply to their work. All of the sessions I attended were extremely useful and much of the information presented was "cutting edge." The fact that the attendees represented all disciplines afforded everyone an opportunity to learn from each other and explore ways they can work together better and utilize each other as resources for the benefit of the clients.

Thank you to both of you and your staff for your dedication to this mission.

Sincerely,
M. Khant Telle



COUNTY OF ORANGE • HEALTH CARE AGENCY

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The Cultural Connection is published quarterly by the Cultural Competency Program of the County of Orange/Health Care Agency. If you would like to contribute an article, or have comments, ideas, or suggestions for newsletter improvement, please write to us at:

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